



Self-teach Workbook Unit 3: Stress

TIME ASSIGNED: 1-2 Hours

Activity 1

Carefully read this section of an article from the *Medical News Today* website about stress and complete the sentences using the words provided below.

Missing words

Stressors	Defense	Threat	Respond	Danger
Evade	Body	Confront	Increased	Physical

Article

“Stress is the body’s natural..... against predators and..... It causes the body to flood with hormones that prepare its systems to..... or..... danger. People commonly refer to this as the fight-or-flight mechanism.

When humans face a challenge or....., they have a partly..... response. The body activates resources that help people either stay and confront the challenge or get to safety as fast as possible.

The..... produces larger quantities of the chemicals cortisol, epinephrine, and norepinephrine. These trigger the following physical reactions:

- blood pressure
- heightened muscle preparedness
- sweating
- alertness

These factors all improve a person’s ability to..... to a potentially hazardous or challenging situation. Norepinephrine and epinephrine also cause a faster heart rate.

Environmental factors that trigger this reaction are called..... Examples include noises, aggressive behavior, a speeding car, scary moments in movies, or even going out on a first date. Feelings of stress tend to increase in tandem with the number of stressors.

According to the American Psychological Association (APA)’s annual stress survey in 2018, average stress levels in the United States were 4.9 on a scale from 1 to 10. The survey found that the most common stressors were employment and money.”

Activity 2

Draw a line to match the word with the correct definition.

Stressor		<i>Great worry caused by a difficult situation, or something that causes this condition</i>
Reaction		<i>Physiological reaction that occurs in response to a perceived harmful event, attack, or threat to survival. It prepares the body to either stay and deal with a threat or to run away to safety</i>
Fight or Flight Response		<i>Behaviour, a feeling or an action that is a direct result of something else</i>
Stress		<i>Something that causes stress</i>
Threat		<i>A suggestion that something unpleasant or violent will happen, especially if a particular action or order is not followed</i>



Activity 3

There are many things that can cause stress. Below are a selection of situations that may be stressful. Think about what causes you stress and rank these situations from 1 to 10, with 1 being the most stressful to you and 10 being the least.

Rank	Situation	Rank	Situation
	Exams		Arguing with your parents
	Arguing with your best friend		Having not done your homework
	Going to a very busy place		Doing something that you do not really want to do
	Meeting new people		Changing your daily routine
	Going to a new place for the first time		Having to 'fit in' with your peer group



Activity 4

Now think in more detail about why these situations may cause you stress. Write a short description of why each situation may lead you to feeling stressed.

1. Exams

2. Arguing with your best friend

3. Going to a very busy place

4. Meeting new people

5. Going to a new place for the first time



6. Arguing with your parents

7. Having not done your homework

8. Doing something that you do not really want to do

9. Changing your daily routine

10. Having to 'fit in' with your peer group



Activity 5

Now think of ways in which you can ease the stress caused by each of the situations. These may be coping mechanisms that you yourself have used or that you are aware of others using. Try to name two different coping mechanisms for each of the situations.

1. Exams

- _____
- _____

2. Arguing with your best friend

- _____
- _____

3. Going to a very busy place

- _____
- _____

4. Meeting new people

- _____
- _____

5. Going to a new place for the first time



● _____

● _____

6. Arguing with your parents

● _____

● _____

7. Having not done your homework

● _____

● _____

8. Doing something that you do not really want to do

● _____

● _____

9. Changing your daily routine

● _____

● _____

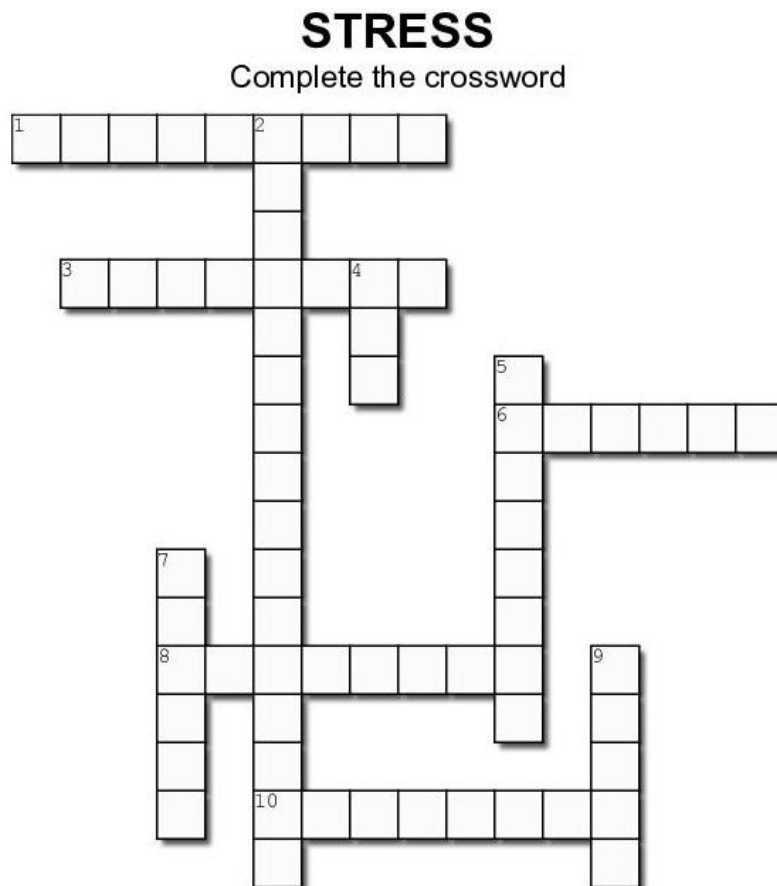
10. Having to 'fit in' with your peer group

● _____

● _____

Activity 6

Complete the following crossword



Created using the Crossword Maker on TheTeachersCorner.net

Horizontal

1. The opposite to easy.
3. Your body's response to stress.
6. Things related to your mind.
8. What you have when something happen to you or around you
10. The trigger that causes you stress.

Vertical

2. 2 words. The way you manage your stress.
4. What you do about a situation.
5. Your feelings.
7. An external stimulus that triggers a fight or flight response.
9. Don't.....be happy.

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Activity Answers

Activity 1:

The missing words in the order they appear:

1. Defense
2. Danger
3. Evade
4. Confront
5. Threat
6. Physical
7. Body
8. Increased
9. Respond
10. Stressors

Activity 2:

The words matched to their definitions:

Stressor	<i>Something that causes stress</i>
Reaction	<i>Behaviour, a feeling or an action that is a direct result of something else</i>
Fight or Flight Response	<i>Physiological reaction that occurs in response to a perceived harmful event, attack, or threat to survival. It prepares the body to either stay and deal with a threat or to run away to safety</i>
Stress	<i>Great worry caused by a difficult situation, or something that causes this condition</i>
Threat	<i>A suggestion that something unpleasant or violent will happen, especially if a particular action or order is not followed</i>



Activity 6:

Horizontal: 1. Difficult 3. Physical 6. Mental 8. Reaction 10. Stressor

Vertical: 2. Coping mechanism 4. Act 5. Emotions 7. Threat 9. Worry